A SEAFOOD HERITAGE

From the Rappahannock
to the Rio Grande

If you have never been to the South, mention of Southern heritage or "the Southern tradition" probably conjures up visions in your mind of Rhett Butler and Scarlet O'Hara, of Jefferson Davis or Robert E. Lee. One of the richest traditions of the South, however, is the great variety and imagination evident in the preparation of its foods. And one of the most prized items on Southern menus of yesterday or today, is seafood. From the Rappahannock River in Virginia, you could follow the coastline south to the Florida keys, back up into the Gulf of Mexico, past the mouth of the Mississippi, to the very tip of the Texas coast at the Rio Grande, sampling, along the way, delectable fish and shellfish recipes developed by the wealthy plantation owners, Cajun, French, Black, American Indian, and Mexican cooks. This potpourri of resourceful gourmets combined newly-imported foods such as condiments from Africa and the Caribbean, with native foods, spices, and preparation ideas, to create a culinary tradition that is truly American.

The diners of yesteryear chose seafood because it was an available, versatile, delicious treat. Today we know that fish and shellfish are nutritious, too. Low in saturated fats and high in protein, fish and shellfish provide a delightful alternative to the health-conscious dieter.

If you haven't the means to take that coastline trip we mentioned above, you can get some idea of the Southern heritage of fine seafood by sampling the recipes in this booklet. From the down-home simplicity of Fried Catfish, Arkansas Style to the easy elegance of Plantation Fish in Aspic, from the robust Crab, Shrimp, and Okra Gumbo to the delicate Pompano en Papillote, you will find herein a wealth of ideas, something for every taste, any occasion, the charming seafood side of . . . the Southern tradition.

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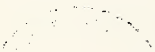
American Indians used horse chestnuts or some similar natural drug to stupefy fish in a trapped pool; then they could be picked out by hand. Our modern taste for outdoor cooking over live fires seems symbolic of the help that friendly Indians gave early settlers who had little or no knowledge of hunting, fishing, cultivating, or preparing foods of the new land.

TEXAS GRILLED SPANISH MACKEREL (opposite page)

3 pounds dressed Spanish mackerel or other dressed fish, fresh or frozen
½ cup lemon juice
¼ cup olive oil
1 teaspoon salt
1 teaspoon dried oregano leaves, crushed
¾ teaspoon garlic salt
½ teaspoon pepper
½ teaspoon monosodium glutamate

Thaw fish if frozen. Combine lemon juice, olive oil, salt, oregano, garlic salt, pepper, and monosodium glutamate. Make 4 to 5 shallow slits on each side of each fish. Brush fish inside and outside with sauce. Place fish in well-greased, hinged, wire grills. Cook about 4 inches from moderately hot coals for 5 to 8 minutes. Baste with sauce. Turn. Cook for 5 to 8 minutes longer or until fish flakes easily when tested with a fork. Makes 6 servings.



In 1680 Captain John Thurber sailed into Charleston, South Carolina harbor, bringing with him a bag of smuggled Madagascar rice. The rice was given to Dr. Henry Woodward who planted it and found that it flourished in the Carolina climate. Soon afterward, slaves were introduced into the colony and cleared the swampy river banks for rice plantations. By the 18th century, rice was important enough to the South Carolinians that they used it for currency and called it "Carolina gold."

CAROLINA SHRIMP PILAU

2 pounds raw, peeled, and deveined shrimp, fresh or frozen
8 slices bacon
2 cups chopped onion
1½ cups uncooked long grain rice
3 cups chicken broth or bouillon
1 can (28 ounces) tomatoes, undrained, cut up
2 teaspoons Worcestershire sauce
1 teaspoon salt
1 teaspoon ground mace
¼ teaspoon cayenne pepper
2 tablespoons chopped parsley

Thaw shrimp if frozen. In a heavy 3 to 4 quart Dutch oven cook bacon until crisp. Remove bacon. Drain on absorbent paper. Crumble and set aside. Reserve 3 tablespoons bacon fat. Add onion to reserved bacon fat. Cover and cook until tender. Stir in rice. Add chicken broth, tomatoes, Worcestershire sauce, salt, mace, and pepper. Bring to a boil. Cover and bake in a moderate oven 350° F., for 15 minutes. Stir in shrimp and bacon. Cover and return to oven for 10 minutes or until shrimp are done. Remove from oven, fluff with a fork, and sprinkle with parsley. Makes 6 servings.

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Red snapper is one of the most delicious deep sea delicacies. It is brilliant red in color, and very attractive resting on a bed of ice in a market showcase. Most are caught in the Gulf of Mexico and landed in Florida, where the red snapper industry is centered.

FLORIDA RED SNAPPER (opposite page)

2 pounds red snapper fillets or other fish fillets, fresh or frozen
¼ cup grated onion
2 tablespoons orange juice
2 tablespoons lemon juice
2 teaspoons grated orange rind
½ teaspoon salt
⅛ teaspoon nutmeg
⅛ teaspoon pepper

Thaw fillets if frozen. Cut fish into 6 portions. Place in a single layer, skin side down, in a well-greased baking dish, 12 x 8 x 2 inches. Combine onion, orange and lemon juice, orange rind, and salt. Pour over fish; cover and place in refrigerator to marinate 30 minutes. Sprinkle fish with nutmeg and pepper. Bake in a moderate oven, 350° F., for 25 to 30 minutes or until fish flakes easily when tested with a fork. Makes 6 servings.

Creole cooking is a blend of Indian, Spanish, French, English, African, and American cooking. The best known Creole dish, gumbo, a cross between a thick soup and a thin stew, is characteristic. The origin of the name is not clear. Some believe it is from the African word for okra— *"gnombo;"* however, the Choctaw Indian name for sassafras, from which file powder is made, is *"kombo."*

CRAB, SHRIMP, AND OKRA GUMBO

1 pound blue crabmeat, fresh, frozen, or pasteurized
1 pound raw, peeled, and deveined shrimp, fresh or frozen
6 tablespoons margarine or butter
6 tablespoons all-purpose flour
1 cup chopped onion
½ cup chopped green pepper
2 tablespoons chopped green onion
1 clove garlic, minced
1 quart chicken broth or bouillon
1 can (15 ounces) tomato sauce with tomato bits
1 tablespoon chopped parsley
½ teaspoon salt
½ teaspoon dried thyme leaves, crushed
¼ teaspoon cayenne pepper
1 bay leaf
Liquid hot pepper sauce (optional)
1 can (1 pound) cut okra, drained
1 lemon, sliced
3 cups cooked rice

Thaw crabmeat and shrimp if frozen. Remove any remaining shell or cartilage from crabmeat. Cut large shrimp in half. In a heavy 4 to 5 quart Dutch oven melt margarine; blend in flour. Cook, stirring constantly, over medium heat until medium brown in color, approximately 10 to 15 minutes. Add onion, green pepper, green onion, and garlic. Cook, stirring constantly, until lightly browned. Gradually stir in chicken broth. Add tomato sauce, parsley, salt, thyme, cayenne, bay leaf, and liquid hot pepper sauce. Bring to a boil; simmer 30 minutes. Add okra, lemon slices, shrimp, and crabmeat. Cover and simmer 5 minutes or until shrimp are pink and tender. Remove slices of lemon from gumbo. Serve by ladling gumbo over mounds of cooked rice in deep soup bowls. Makes 6 servings.

Oysters Rockefeller originated in 1899 at Antoine's, the celebrated New Orleans restaurant. The richness of the recipe prompted its inventor to name it after the richest man he could think of—John D. Rockefeller.

OYSTERS ROCKEFELLER (opposite page)

1 pint oysters, selects or counts, fresh or frozen
¼ cup margarine or butter
¼ cup chopped celery
¼ cup chopped green onion
2 tablespoons chopped parsley
1 package (10 ounces) frozen chopped spinach
1 tablespoon anisette
¼ teaspoon salt
Rock salt
18 baking shells
¼ cup dry bread crumbs
1 tablespoon melted margarine or butter

Thaw oysters if frozen. In small saucepan melt ¼ cup margarine. Add celery, green onion, and parsley. Cover and cook 5 minutes or until tender. Combine cooked vegetables with spinach in blender container. Add anisette and salt. Chop vegetables in blender until almost pureed, stopping once or twice to push vegetables into knife blades. (Vegetables may be run through a food mill.) Make a layer of rock salt in pie tins. Place small baking shells or ramekins on top. (The rock salt is used mainly to hold shells upright; however, it also helps to keep oysters hot to serve.) Place the oysters in the shells or ramekins. Top each oyster with spinach mixture. Combine bread crumbs and 1 tablespoon melted margarine; sprinkle over oysters. Bake in a very hot oven, 450° F., for 10 minutes. Serve immediately in pie tins. Makes 6 appetizer servings of 3 oysters each.

While the early colonists were still following Anglo-Saxon ways, the African influence of the Black family cook was making its mark on Southern cooking. Accustomed to seasonings and spices of a hotter climate, they gave the old recipes lively new twists and flavors.

PICKLED ROCK SHRIMP

2 pounds cooked, peeled, and deveined rock shrimp or other shrimp, fresh or frozen
½ cup salad oil
½ cup lime juice
½ cup sliced onion
6 lemon slices
1 tablespoon capers with liquid
1 tablespoon chopped parsley
½ teaspoon salt
½ teaspoon dried dillweed
⅛ teaspoon liquid hot pepper sauce

Thaw shrimp if frozen. Combine remaining ingredients. Pour marinade over shrimp; toss lightly. Cover and chill several hours, stirring occasionally. Drain. Makes approximately 60 to 70 hors d'oeuvres.

Note: This may be served on salad greens as an appetizer. Makes 12 to 15 appetizer servings.

Crawfish bisque is a thick soup containing cooked ground crawfish meat, shells stuffed with spiced crawfish meat, chopped vegetables, and plenty of cayenne pepper. For Louisianians it offers the same sense of satisfaction and involves the same kind of ritual preparation as Thanksgiving turkey with all the fixings.

Louisiana harvests more crawfish than any other area its size in the world—an estimated 20 million pounds a year—and consumes 80% locally in bisque, etouffee, patties, jambalaya, salad, stuffed, fried, or boiled.

CRAWFISH BISQUE

8 pounds live crawfish
1½ cups salt

Wash live crawfish in cold water. In large container dissolve salt in about 3 gallons water and soak crawfish for 15 minutes to purge. In 10-quart pot bring to a boil 6 quarts water. With tongs drop in crawfish and boil 5 minutes. Remove crawfish; cool. Shell crawfish as follows: Break off tail, snap it in half lengthwise, lift out meat in one piece, discard tail shell. Snap off large claws (if desired, break claws with nutcracker and remove bits of meat) and smaller legs; discard. Cut off top of head just behind eyes; discard. Scoop body shell clean, carefully remove and reserve yellow fat or "butter;" discard intestinal matter. Clean and wash thoroughly 48 body shells which in Louisiana are referred to as crawfish "heads." Finely chop all the tail meat or put it through finest blade of food grinder. There should be about 3 cups ground crawfish tail meat, 48 "heads" for stuffing, and the reserved crawfish fat.

BISQUE

1 cup ground crawfish tail meat
Reserved crawfish fat
¼ cup bacon fat
¼ cup margarine or butter
½ cup all-purpose flour
2 cups finely chopped onion
1 cup finely chopped celery
½ cup finely chopped green pepper
1 clove garlic, minced
4 cups hot water
2 cans (15 ounces each) tomato sauce with tomato bits
¼ cup chopped parsley
2 tablespoons lemon juice
2 bay leaves
1 teaspoon dried thyme leaves, crushed
1 teaspoon salt
¾ teaspoon cayenne pepper
8 whole allspice
48 stuffed "heads"
3 cups cooked rice

In a 4 to 5 quart Dutch oven, melt bacon fat and margarine. Blend in flour. Cook, stirring constantly, over medium low heat until brown in color, about 15 to 20 minutes. Add onion, celery, green pepper, and garlic. Cover and cook 5 minutes or until tender. Gradually stir in water. Add tomato sauce, parsley, lemon juice, bay leaves, thyme, salt, cayenne, and allspice. Stir in crawfish meat and fat. Cover, bring to a boil and simmer for 1 hour. To serve, ladle into individual soup plates over boiled rice and drop in 5 or 6 stuffed "heads." Makes 6 to 8 entree servings.

STUFFED HEADS

½ cup margarine or butter
1 cup finely chopped onion
½ cup finely chopped celery
1 clove garlic, minced
¼ cup chopped parsley
1 teaspoon salt
¼ teaspoon cayenne pepper
2 cups ground crawfish tail meat
2 cups soft bread crumbs
48 empty shells of crawfish "heads"
½ cup all-purpose flour
Fat for deep frying

In 10-inch fry pan, melt margarine. Add onion, celery, and garlic. Cover and cook 5 minutes or until tender. Stir in parsley, salt, cayenne, and crawfish meat. Combine with bread crumbs. Stuff mixture into empty shells of crawfish heads. Roll in flour. Place in single layer in fry basket. Fry in deep fat, 350° F., for 3 minutes or until lightly brown. Drain on absorbent paper. Keep warm until ready to serve.

People of southern Louisiana, city Creole and country Cajun, are food-minded. They enjoy talking about food as much as eating it. They also enjoy the romance of ghosts and haunted houses—the French Quarter has boasted of several. Put these two facts together and one has a house haunted by food. It is said that the present-day tenants of the House of Madame Lalaurie, who was once a grand hostess and famous for her superb dinners, sometimes complain about mysterious and delicious food aromas that come wafting through the night.

KING MACKEREL STEAKS WITH SAUCE PROVENCALE

2 pounds king mackerel steaks or other fish steaks, fresh or frozen
2 tablespoons melted margarine or butter
1 teaspoon salt
⅛ teaspoon pepper
Paprika
Sauce Provencale

Thaw fish if frozen. Place fish in a single layer on a well-greased baking pan, 15 x 10 x 1 inches. Brush with margarine and sprinkle with salt, pepper, and paprika. Broil about 4 inches from source of heat for 10 to 15 minutes or until fish flakes easily when tested with a fork. Fish need not be turned during broiling. Serve with Sauce Provencale. Makes 6 servings.

SAUCE PROVENCALE

4 medium tomatoes, peeled, cut into wedges, and seeded
½ teaspoon sugar
2 tablespoons margarine or butter
¼ cup chopped green onion
1 clove garlic, minced
½ cup dry white wine
½ cup margarine or butter
2 tablespoons chopped parsley
¼ teaspoon salt
⅛ teaspoon pepper

Sprinkle tomatoes with sugar; set aside. In small saucepan melt 2 tablespoons margarine. Add green onion and garlic; cover and cook 2 to 3 minutes. Add wine. Cook, stirring constantly, until liquid is slightly reduced. Add tomatoes and remaining ingredients. Heat, stirring gently, just until margarine melts. Makes 2 cups sauce.

The story goes that in the 1700's one young John Rutledge decided to run for office in Christ Church Parish near Charleston. His style of campaigning included a grand feast on the lawn of the Rutledge Plantation for over 100 families. The menu featured such items as roast oysters, fish in aspic, red snapper in wine sauce, shrimp and watercress salad, venison, biscuits, wine, etc. The following may not be a Rutledge recipe, but it is well worth trying.

PLANTATION FISH IN ASPIC (opposite page)

2 pounds grouper or other fish fillets, fresh or frozen
2 cups boiling water
1 cup sauterne wine
1 medium onion, quartered
1 stick celery, quartered
2 bay leaves
1½ teaspoons salt
¼ teaspoon dried thyme leaves, crushed
1 lemon
½ cup cold water
2 envelopes (2 tablespoons) unflavored gelatin
¼ cup tarragon vinegar
2 tablespoons lemon juice
1 teaspoon dry mustard
¼ cup chopped celery
¼ cup chopped green onion
¼ cup chopped green pepper
2 tablespoons chopped pimiento
2 tablespoons chopped parsley
Salad greens
Mayonnaise

Thaw fish if frozen. Place in a well-greased 10-inch fry pan. Add 2 cups boiling water, wine, onion, celery, bay leaves, salt, and thyme. Cut lemon in half, squeeze in juice and drop in halves. Cover and simmer for 5 to 10 minutes or until fish flakes easily when tested with a fork. Remove fish; set aside to cool. Strain poaching liquid. In a 4 cup measure, place ½ cup cold water. Stir in gelatin to soften. Add hot poaching liquid; stir to dissolve gelatin. Add vinegar, lemon juice, and enough water to make 4 cups liquid. Make a paste of dry mustard with small amount of the liquid; stir into remaining liquid. Chill to unbeaten egg white consistency. Remove skin and bones from fish. Flake fish into small pieces. Mix together fish, celery, green onion, green pepper, pimiento, and parsley. Fold together fish mixture and gelatin. Turn into a lightly oiled loaf pan, 9 x 5 x 3 inches, or a 7 cup mold. Chill until firm. Unmold on a serving dish lined with salad greens. Serve with mayonnaise. Makes 6 servings.

The African influence on the food of the South is much in evidence. The slaves who arrived in the Carolinas and Georgia in the late 1600's brought benne (sesame) seeds with them. Today these little seeds are used in many of the recipes of the area.

BROILED SESAME MULLET

2 pounds mullet fillets or other fish fillets, fresh or frozen
1 teaspoon salt
⅛ teaspoon pepper
¼ cup margarine or butter
2 tablespoons lemon juice
2 tablespoons toasted sesame seeds

Thaw fish if frozen. Cut into 6 portions. Place fish in a single layer, skin side down, on a well-greased baking pan, 15 x 10 x 1 inches. Sprinkle with salt and pepper. Heat margarine and lemon juice together. Baste fish with sauce. Sprinkle with sesame seeds. Broil about 4 inches from source of heat for 10 to 15 minutes or until fish flakes easily when tested with a fork. Baste with any remaining sauce during cooking time. Fish need not be turned during broiling. Makes 6 servings.

One of the first conservation laws, passed in 1726, prohibited the poisoning of fish in streams. A guilty white person was fined 10 pounds current money and a guilty slave whipped publicly 39 lashes. Monies collected went half to the informer and half to the parish poor.

FRIED CATFISH, ARKANSAS STYLE (opposite page)

6 skinned, pan-dressed catfish or other pan-dressed fish, fresh or frozen (½ to ¾ pound each)
2 teaspoons salt
¼ teaspoon pepper
2 eggs, beaten
2 tablespoons milk
2 cups cornmeal
Fat for frying

Thaw fish if frozen. Sprinkle both sides with salt and pepper. Combine eggs and milk. Dip fish in egg mixture and roll in cornmeal. Place fish in a heavy fry pan which contains about ⅛ inch melted fat, hot but not smoking. Fry at a moderate heat. When fish is brown on one side, turn carefully and brown the other side. Cooking time is about 10 minutes, depending on thickness of the fish. Drain on absorbent paper. Serve immediately on a hot platter, plain or with a sauce. Makes 6 servings.
Note: Traditionally, Fried Catfish is served with coleslaw and hush puppies. Catfish steaks may also be used in this recipe.

HUSH PUPPIES

1½ cups cornmeal
½ cup sifted all-purpose flour
2½ teaspoons baking powder
½ teaspoon salt
¼ cup finely chopped onion
1 egg, beaten
½ cup milk
Fat for deep frying

Sift dry ingredients together. Add remaining ingredients and stir only until blended. Drop by tablespoons into deep fat, 350° F., for 3 to 4 minutes or until brown. Drain on absorbent paper. Makes 18 hush puppies.

The black drum makes a humming sound by rapid and repeated contraction of a specialized muscle. It is said that when a whole shoal of fish began "drumming" together underwater the Indians believed it was the ghosts of persons drowned.

BLACK DRUM WITH ZESTY SAUCE

2 pounds black drum or other fish fillets, fresh or frozen
½ cup catsup
¼ cup salad oil
¼ cup lemon juice
1 tablespoon grated onion
1 teaspoon Worcestershire sauce
1 teaspoon prepared mustard
½ teaspoon garlic salt
¼ teaspoon salt

Thaw fish if frozen. Combine remaining ingredients in shallow bowl. Add fillets, turning to moisten both sides with sauce. Cover and place in refrigerator to marinate 1 hour. Remove fish from marinade and reserve sauce for basting. Place fish in a single layer on a foil-lined baking pan, 15 x 10 x 1 inches. Broil about 4 inches from source of heat for 10 to 15 minutes or until fish flakes easily when tested with a fork. Baste once during broiling with remaining sauce. Fish need not be turned during broiling. Makes 6 servings.

When the Brazilian balloonist Alberto Santos-Dumont visited New Orleans in 1901, Antoine's honored him with a dish made to look like a turn-of-the-century flying balloon—a dish that became one of Antoine's most famous creations. The fish is baked in a rich wine-flavored shrimp sauce inside a closed envelope made of baking parchment. A marvelous aroma fills the room when the papillote (paper bag) is cut open at the table.

POMPANO EN PAPILLOTE (opposite page)

2 pounds pompano fillets or other fish fillets, fresh or frozen
1 can (6½ or 7 ounces) crabmeat, drained, flaked, and cartilage removed
¼ pound cooked, peeled, and deveined shrimp, fresh or frozen
3 cups water
1 teaspoon salt
2 lemon slices
1 bay leaf
⅛ teaspoon dried thyme leaves, crushed
Parchment or brown paper
2 tablespoons cooking oil
½ cup chopped green onion
1 clove garlic, minced
2 tablespoons margarine or butter
3 tablespoons all-purpose flour
¼ teaspoon salt
2 slightly beaten egg yolks
3 tablespoons dry white wine

Thaw fish if frozen. Chop shrimp. In 10-inch fry pan bring water, 1 teaspoon salt, lemon, bay leaf, and thyme to a boil. Add fish, cover, and simmer for about 10 minutes or until fish flakes easily when tested with a fork. Carefully remove fish. Reserve stock. Strain stock, reserving 1½ cups. Remove skin and bones from fish. Cut 6 pieces parchment or brown paper into heart shapes about 10 x 12 inches each. Brush paper with oil. Place one fillet on half of each paper heart. In saucepan melt margarine. Add onion and garlic and cook until tender. Blend in flour and ¼ teaspoon salt. Add reserved stock. Cook, stirring constantly, until thickened. Gradually stir small amount of hot mixture into egg yolks; add to remaining sauce, stirring constantly. Heat just until mixture thickens. Stir in wine, crabmeat, and shrimp. Heat. Spoon about ½ cup sauce over each fillet. Fold other half of each paper heart over fillet to form individual cases. Seal, starting at top of heart, by turning edges up and folding, twisting tip of heart to hold case closed. Place cases in shallow baking pan. Bake in a hot oven, 400°F., for 10 to 15 minutes. To serve, cut cases open with large X design on top; fold back each segment. Makes 6 servings.

Southerners have a flair for using sauces. They consider the ability to make a perfect sauce indispensable, for a good sauce can make an ordinary dish elegant. The two classic French sauces, hollandaise and bearnaise, are used in many of their fancy dishes.

MULLET MOBILE

2 pounds mullet fillets or other fish fillets, fresh or frozen
2 tablespoons melted margarine or butter
1 teaspoon salt
⅛ teaspoon pepper
Paprika
Hollandaise Sauce or Bearnaise Sauce

Thaw fish if frozen. Cut fish into 6 portions. Place fish in a single layer, skin side down, on a well-greased baking pan, 15 x 10 x 1 inches. Brush with margarine and sprinkle with salt, pepper, and paprika. Broil about 4 inches from source of heat for 10 to 15 minutes or until fish flakes easily when tested with a fork. Fish need not be turned during broiling. Serve with Hollandaise or Bearnaise Sauce. Makes 6 servings.

BLENDER HOLLANDAISE SAUCE

3 egg yolks
2 tablespoons lemon juice
Dash cayenne pepper
½ cup margarine or butter

Place egg yolks, lemon juice, and cayenne pepper in blender container. Cover; quickly turn blender on and off. Heat margarine until melted and almost boiling. Turn blender on high speed; slowly pour in margarine, blending until thick and fluffy, about 30 seconds. Heat over warm, not hot, water until ready to serve. Makes 1 cup sauce.

BLENDER BEARNAISE SAUCE

1 tablespoon chopped green onion
2 teaspoons lemon juice
¼ cup dry white wine
½ teaspoon dried tarragon leaves
¼ teaspoon dried chervil leaves
3 egg yolks
⅛ teaspoon cayenne pepper
½ cup margarine or butter

In small saucepan combine green onion, lemon juice, white wine, tarragon, and chervil. Simmer until mixture is reduced to about 2 tablespoons. Cool. Place egg yolks, cayenne, and herb mixture in blender container. Cover; quickly turn blender on and off. Heat margarine until melted and almost boiling. Turn blender on high speed; slowly pour in margarine, blending until thick and fluffy, about 30 seconds. Heat over warm, not hot, water until ready to serve. Makes 1 cup sauce.

Tarpon Springs, Florida was founded in 1882. The first Greeks to settle there arrived in 1905, and with them they brought their special ability to dive for sponges. Today Tarpon Springs is the sponge-fishing center of the United States. They also brought close ties with the old country and its food styles. One of the favorite Greek ways of preparing fish is to bake it in a vegetable and tomato sauce.

RED SNAPPER WITH VEGETABLE SAUCE

2 pounds red snapper fillets or other fish fillets, fresh or frozen
2 tablespoons olive oil
½ cup chopped onion
¼ cup chopped celery
¼ cup chopped green pepper
¼ cup sliced carrots
1 tablespoon chopped parsley
1 clove garlic, minced
1 can (15 ounces) tomato sauce with tomato bits
½ cup pale dry sherry
1 teaspoon dried dillweed
½ teaspoon salt
⅛ teaspoon pepper
1 tablespoon lemon juice

Thaw fish if frozen. Cut fish into 6 portions. In saucepan combine olive oil, onion, celery, green pepper, carrots, parsley, and garlic; cover and cook until tender. Stir in tomato sauce, sherry, and dillweed. Bring to a boil and simmer for 10 minutes. Ladle about ½ cup tomato-vegetable sauce into a 12 x 8 x 2-inch baking dish. Place fish portions on sauce in baking dish. Sprinkle with salt, pepper, and lemon juice. Pour remaining sauce over fish. Bake in a hot oven, 400° F., for 20-25 minutes or until fish flakes easily when tested with a fork. Makes 6 servings.

The ichthyologist Mitchell, writing in 1815 in his *Fishes of New York* , gave the Spanish mackerel this brief but favorable biography: "A fine and beautiful fish; comes in July." This last remark referred to the mackerel's summer migration into northern waters. It heads south again before cold weather sets in.

OUTER BANKS STUFFED SPANISH MACKEREL

3 to 4 pounds dressed Spanish mackerel or other dressed fish, fresh or frozen
1½ teaspoons salt
¼ teaspoon pepper
Vegetable stuffing
2 tablespoons melted margarine or butter

Thaw fish if frozen. Clean, wash, and dry fish. Sprinkle inside and outside with salt and pepper. Place fish on a well-greased bake-and-serve platter, 18 x 13 inches. Stuff fish; brush with margarine. Bake in a moderate oven, 350° F., for 30 to 45 minutes or until fish flakes easily when tested with a fork. Makes 6 servings.

VEGETABLE STUFFING

½ cup margarine or butter
1½ cups chopped onion
1 cup chopped celery
1 cup chopped fresh mushrooms
½ cup chopped green pepper
1 clove garlic, minced
2 tomatoes, peeled, seeded, and chopped
3 cups soft bread crumbs
½ teaspoon salt

In saucepan, melt margarine. Add onion, celery, mushrooms, green pepper, and garlic; cover and cook until tender. Combine all ingredients and mix well. Makes 3½ cups stuffing.

A classic French sauce based on a blend of mustard, oil, vinegar, and seasonings, New Orleans Remoulade Sauce is served cold. Highly seasoned and reddish in color, it is spooned over shrimp, crab, or scallops and served as an appetizer, but can double as a main dish salad when served in an avocado half. It is considered one of the best Creole recipes New Orleans has to offer.

SCALLOP REMOULADE APPETIZER (opposite page)

1½ pounds bay scallops or other scallops, fresh or frozen
1 cup water
½ cup dry white wine
2 slices onion
2 sprigs parsley
½ teaspoon salt
¼ teaspoon thyme
Shredded lettuce
Remoulade Sauce
Hard cooked egg, optional

Thaw scallops if frozen. Remove any remaining pieces of shell. Rinse with cold water and drain. In saucepan combine water, wine, onion, parsley, salt, and thyme; bring to a boil. Place scallops in poaching liquid; cover and simmer 2 to 5 minutes or until tender. Drain scallops and chill. Arrange scallops on a bed of shredded lettuce in individual seafood shells or in cocktail glasses. Spoon about 3½ tablespoons Remoulade Sauce on top of each serving. Garnish with chopped hard cooked egg, if desired. Makes 6 servings.

REMOULADE SAUCE

¼ cup tarragon vinegar
2 tablespoons prepared brown mustard
1 tablespoon catsup
1½ teaspoons paprika
½ teaspoon salt
¼ teaspoon cayenne pepper
½ cup salad oil
¼ cup chopped celery
¼ cup chopped green onion
1 tablespoon chopped parsley

In small bowl combine vinegar, mustard, catsup, paprika, salt, and cayenne. Slowly add salad oil, beating constantly. (May also be done in a blender.) Stir in celery, green onion, and parsley. Allow to stand 3 or 4 hours to blend flavors. Makes 1¼ cups sauce.

King mackerel is a favorite South Atlantic and Gulf sport fish. They are fast, powerful swimmers and put up a furious fight when caught. Marinating slices of this large fish in lime juice before boiling is a technique used in French Martinique.

MARINATED KING MACKEREL, NORFOLK STYLE

2 pounds king mackerel steaks, or other fish steaks, fresh or frozen
¼ cup lime juice
1 teaspoon dried marjoram leaves, crushed
2 tablespoons melted margarine or butter
1 teaspoon salt
⅛ teaspoon pepper

Thaw fish if frozen. Combine lime juice and marjoram in shallow dish. Add steaks, turning to moisten both sides with lime juice. Cover and place in refrigerator. Marinate 1 hour, turning once. Place fish in single layer on a well-greased baking pan, 15 x 10 x 1 inches. Brush fish with margarine. Sprinkle with salt and pepper. Broil about 4 inches from source of heat for 10 to 15 minutes or until fish flakes easily when tested with a fork. Fish need not be turned during broiling. Makes 6 servings.

Creole Jambalaya, considered one of the classic Creole dishes, can be made with crab, shrimp, chicken, ham, and a variety of other ingredients—one at a time, or all together. The origin of the dish is evidently based on elements of French and Spanish cooking. The Spanish paella, a mixture of rice, meat, and seafood is a close relative.

CREOLE JAMBALAYA (opposite page)

1½ pounds raw, peeled, and deveined shrimp, fresh or frozen
2 tablespoons margarine or butter
¾ cup chopped onion
½ cup chopped celery
¼ cup chopped green pepper
1 tablespoon chopped parsley
1 clove garlic, minced
2 cups cubed, fully cooked ham
1 can (28 ounces) tomatoes, undrained, cut up
1 can (10½ ounces) beef broth plus 1 can water
1 cup uncooked long grain rice
1 teaspoon sugar
½ teaspoon dried thyme leaves, crushed
½ teaspoon chili powder
¼ teaspoon pepper

Thaw shrimp if frozen. Melt margarine in Dutch oven. Add onion, celery, green pepper, parsley, and garlic. Cover and cook until tender. Add remaining ingredients, except shrimp. Cover and simmer 25 minutes or until rice is tender. Add shrimp. Simmer uncovered to desired consistency and until shrimp are cooked, about 5 to 10 minutes. Makes 6 to 8 servings.

The oyster loaf, popular throughout America in the nineteenth century, was known in New Orleans as *la mediatrice* or the mediator—peacemaker. It was the one thing a man felt might effectively stand between his enraged wife and himself when he came home after spending an evening carousing in the saloons of the French Quarter.

OYSTER LOAF

1 pint oysters, standards, fresh or frozen
½ teaspoon salt
⅛ teaspoon pepper
2 eggs, beaten
¼ cup milk
¾ cup all-purpose flour
2 cups soft bread crumbs
½ cup melted margarine or butter
2 loaves French bread, 15 inches long and 3 inches wide
Fat for deep frying
½ cup tartar sauce
1½ cups shredded lettuce
18 thin tomato slices

Thaw oysters if frozen. Drain oysters; dry between absorbent paper. Sprinkle with salt and pepper. Combine eggs and milk. Roll oysters in flour, dip into egg mixture, then roll in bread crumbs to coat evenly. Refrigerate at least 30 minutes to firm coating. Slice bread loaves in half horizontally. Pull out the inside soft crumb from bottom and top halves of bread. Brush the bread shells inside with melted margarine. Place bread shells on baking sheet and bake in a moderate oven, 350° F., 3 to 5 minutes to warm and crisp. Place oysters in a single layer in a fry basket. Fry in deep fat, 350° F., for 2 to 3 minutes. Drain on absorbent paper. Spread inside of bread shells with tartar sauce. Place shredded lettuce in the bottom halves of the loaves. Arrange tomato slices on lettuce, and fried oysters on top of the tomatoes. Cover with top halves of the loaves of bread. Cut each loaf into 3 portions. Makes 6 servings.

Bouillabaise (its name derived from the instruction, "*Quand co commence a bouillir—baisse!*" translated: "When it starts to boil—lower the heat.") is one of the most famous of New Orleans dishes.

When Thackeray visited New Orleans in 1856 he proclaimed the bouillabaisse he had at Boudro's on the lake the best he had ever tasted. Later in his *Roundabout Papers* (1891), he recalled this New Orleans stew: "At the comfortable tavern on Pontchartrain we had a bouillabaisse than which a better was never eaten at Marseilles; and not the least headache in the morning, I give you my word; on the contrary, you only wake with a sweet refreshing thirst for claret and water."

CREOLE BOUILLABAISSE (opposite page)

1 pound red drum fillets or other fish fillets, fresh or frozen
1 pound sea trout fillets or other fish fillets, fresh or frozen
½ pound raw, peeled, deveined shrimp, fresh or frozen
1 pint oysters, fresh or frozen
1 can (6½ ounces) crabmeat, drained and cartilage removed
2 tablespoons margarine or butter
2 tablespoons olive oil
¼ cup all-purpose flour
1 cup chopped onion
½ cup chopped celery
1 clove garlic, minced
5 cups water
1 can (1 pound) tomatoes, undrained, cut up
½ cup dry white wine
2 tablespoons chopped parsley
1 tablespoon lemon juice
1 bay leaf
½ teaspoon salt
¼ teaspoon saffron
¼ teaspoon cayenne pepper

Thaw fish and shellfish if frozen. Remove skin and bones from fish. Cut each fish into 6 or 8 portions. In a 4 to 5 quart Dutch oven, melt margarine. Add olive oil and blend in flour. Cook, stirring constantly, until light brown in color. Add onion, celery, and garlic. Cook, stirring constantly, until vegetables begin to brown. Gradually stir in water. Add tomatoes, wine, parsley, lemon juice, bay leaf, salt, saffron, cayenne pepper, and about ¼ of the fish. Bring to a boil and simmer for 20 minutes. Add remaining fish and cook 5 to 8 minutes longer. Add shrimp, oysters, and crabmeat. Cook another 3 to 5 minutes or until all the seafood is done. Makes 8 servings.

From Massachusetts to Texas, wherever blue crabs are available, various recipes for different types of crab cakes are popular. This recipe, made to look like a breaded pork chop, is a favorite with Acadian cooks and is believed to have been designed as a special dish for Lent and meatless Fridays.

CRAB CHOPS

1 pound blue crabmeat, fresh, frozen, or pasteurized
¼ cup margarine or butter
¼ cup all-purpose flour
½ teaspoon salt
¼ teaspoon cayenne pepper
1 cup milk
¼ cup chopped parsley
¼ cup chopped green onion
½ cup all-purpose flour
2 eggs, beaten
2 cups soft bread crumbs
¼ cup margarine or butter
¼ cup cooking oil
Lemon wedges
Tartar sauce

Thaw crabmeat if frozen. Remove any remaining shell or cartilage from crabmeat. In small saucepan melt ¼ cup margarine; blend in ¼ cup flour, salt, and cayenne. Gradually stir in milk. Cook and stir until thickened. Mix in crabmeat, parsley, and green onion. Cover and refrigerate for 2 hours. Divide crab mixture into 6 equal portions. Pat and shape each portion into a "chop" about 5 inches long and ½ inch thick. Place each chop in the ½ cup flour and turn to coat both sides. Dip each chop into egg and then turn in the bread crumbs to coat evenly. Refrigerate at least 30 minutes to firm coating. In heavy 12-inch fry pan, heat ¼ cup margarine and ¼ cup oil until hot but not smoking. Fry chops over moderate heat until delicately browned on both sides, about 10 minutes. Serve with lemon wedges and tartar sauce. Makes 6 servings.

Visiting English novelist William Makepeace Thackeray declared New Orleans "the city in the world where you could eat and drink the most and suffer the least." Meuniere sauce is the basic New Orleans butter sauce, used with fish, shellfish, meat, and poultry. Amandine sauce is the same sauce with almonds.

SEA TROUT MEUNIÈRE

2 pounds sea trout fillets or other fish fillets, fresh or frozen
1 egg, beaten
2 tablespoons milk
1 cup all-purpose flour
1 teaspoon salt
¼ teaspoon cayenne pepper
Meuniere Sauce or Amandine Sauce
Chopped parsley
Fat for deep frying

Thaw fish if frozen. Skin fillets and cut into 6 portions. Combine egg and milk. Mix together flour, salt, and cayenne. Dip fish into egg mixture and roll in flour. Allow fillets to dry a few minutes. Place fish in a single layer in a fry basket. Fry in deep fat, 350° F., for 3 to 5 minutes or until fish are browned and flake easily when tested with a fork. Drain on absorbent paper; keep warm while remaining fish is fried. To serve, place each fillet on heated plate and pour about 1½ tablespoons Meuniere or Amandine Sauce over it. Sprinkle with chopped parsley. Makes 6 servings.

MEUNIÈRE SAUCE

½ cup margarine or butter *1 tablespoon lemon juice*

In small heavy saucepan melt margarine over low heat. Continue heating until margarine turns light brown. Add lemon juice.

AMANDINE SAUCE

½ cup margarine or butter *1 tablespoon lemon juice*
1 cup blanched sliced almonds

In heavy fry pan melt margarine over low heat. Add almonds and continue heating and stirring until margarine and almonds turn light brown. Add lemon juice.

In the era of the grand plantation life, the waterways were highways of activity. Boats carrying goods of all kinds crowded the ports, and the family cook had only to walk to the water's edge to buy the ingredients for the day's meals. Seafoods of salt- and fresh-water varieties, and game and Indian seasonings could all be bought from the market boats.

SAVANNAH STUFFED SHRIMP

2 pounds raw jumbo shrimp (24 to 30), fresh or frozen
1 can (6½ or 7 ounces) crabmeat, drained, flaked, and cartilage removed
¼ teaspoon salt
2 teaspoons margarine or butter
¼ cup finely chopped onion
2 tablespoons finely chopped green onion
2 tablespoons finely chopped celery
2 tablespoons finely chopped green pepper
1 tablespoon chopped parsley
1 clove garlic, minced
½ teaspoon salt
¼ teaspoon cayenne pepper
2 eggs, beaten
1 can (5-⅓ ounces) evaporated milk
1 cup all-purpose flour
3 cups soft white bread crumbs
Fat for deep frying

Thaw shrimp if frozen. Shell shrimp, leaving last section of shell and tail intact. Devein, rinse, and drain dry on absorbent paper. Butterfly the shrimp by cutting along their outside curve about three quarters of the way through and carefully flattening them. Sprinkle with salt. In small saucepan, melt margarine. Add onion, green onion, celery, green pepper, parsley, and garlic. Cover and cook 5 minutes or until tender. Remove from heat. Stir in crabmeat, ½ teaspoon salt, and cayenne. Pack stuffing mixture in a band down the center of each shrimp, dividing it equally among them. Combine eggs and evaporated milk in a shallow bowl. Place flour and bread crumbs in separate pie plates. One at a time, roll the shrimp in the flour to coat evenly, dip into egg mixture, then roll in bread crumbs. Arrange shrimp on baking sheet and refrigerate one hour to firm coating. Arrange 5 or 6 shrimp in a single layer in a fry basket. Fry in deep fat, 350° F., for 3 to 5 minutes or until shrimp are brown and done. Drain on absorbent paper. Keep warm in very low oven while remaining shrimp are being cooked. Makes 6 servings.

This dish is similar to bouillabaisse, but has the heartiness of the Indian and Black adaptations of foreign dishes that have evolved in the South.

GULF COURTBOUILLON

2 pounds red drum fillets or steaks, or other fish fillets or steaks, fresh or frozen
⅓ cup margarine or butter
½ cup all-purpose flour
1½ cups chopped onion
1 cup chopped celery
½ cup chopped green onion
½ cup chopped green pepper
2 tablespoons chopped parsley
1 clove garlic, minced
2 cans (15 ounces each) tomato sauce with tomato bits
¾ cup dry red wine
2 tablespoons lemon juice
½ teaspoon salt
½ teaspoon dried thyme leaves, crushed
¼ teaspoon dried marjoram leaves, crushed
¼ teaspoon cayenne pepper
6 whole allspice
1 bay leaf
Lemon slices

Thaw fish if frozen. Remove skin and bones from fish. Cut fish into 6 portions. In a heavy 4 to 5 quart Dutch oven, heat oil; blend in flour. Cook, stirring constantly, over medium heat until light brown in color, about 10 minutes. Add onion, celery, green onion, green pepper, parsley, and garlic. Cover and cook 5 minutes or until tender. Gradually stir in tomato sauce. Add wine, lemon juice, salt, thyme, marjoram, cayenne, allspice, and bay leaf. Bring to a boil and simmer for 30 minutes. Add fish to courtbouillon. Cover and simmer 5 to 10 minutes or until fish flakes easily when tested with a fork. To serve, place portion of fish in soup bowl and pour about one cup sauce over fish. Garnish with lemon slices. Makes 6 servings.

In 1883 the first Texas cookbook was published in Houston by the ladies of the First Presbyterian Church. The recipe for lobster salad instructs to "make a dressing as for chicken salad and pour over the lobster." Seemingly the favored dressing calls for mashing the "yelks" of hard boiled eggs and adding oil, vinegar, and seasonings, then finally garnishing the salad with the whites of the eggs cut into rings.

LOBSTER SALAD

1 pound cooked spiny lobster meat, fresh or frozen
6 hard cooked eggs
½ cup salad oil
1 tablespoon sugar
1 teaspoon dry mustard
1 teaspoon salt
¼ teaspoon cayenne pepper
½ cup vinegar
1½ cups chopped celery
1½ cups chopped green onion
2 tablespoons capers with liquid
Salad greens

Thaw lobster meat if frozen. Cut meat into ½ inch cubes. Peel eggs; separate whites and yolks. Sieve or mash the egg yolks; gradually blend in oil. Stir sugar, mustard, salt, and pepper into vinegar. Combine with egg yolks. Set aside. Chop egg whites. Combine lobster meat, celery, egg whites, green onion, and capers. Pour dressing over salad and mix lightly. Serve on salad greens. Makes 6 servings.

Palm Beach, Florida received much attention as the location of the "Winter White House" during the Kennedy administration. One of the popular dinner menus of the President while there was Florida stone crab claws followed by pompano. Both were flown, on occasion, to the White House in Washington.

Only the large claws of the stone crab are eaten. To preserve the species, Florida fishermen remove one claw from each stone crab they catch, then return the crab alive to the ocean; the claw is regenerated in two seasons.

FLORIDA STONE CRAB CLAWS á la KENNEDY

12 to 18 Florida stone crab claws
3 quarts water
1 tablespoon lime juice
1 teaspoon salt

In large saucepan combine water, salt, and lime juice. Bring to a boil. Add crab claws and simmer 20 minutes. Remove and chill. Crack shells in several places so meat can be easily removed. Serve with Sauce a'la Kennedy. Makes 6 servings.

SAUCE à la KENNEDY

½ cup mayonnaise
¼ cup steak sauce
2 tablespoons lemon juice
1 tablespoon prepared mustard
Dash liquid hot pepper sauce

Combine all ingredients and chill. Makes 1 cup sauce.

Note: Stone crab claws are almost always marketed in the cooked form. The cooking and chilling procedure above would be eliminated in such a case.

"Soul food" is a recent term, but the cooking it refers to goes back to slave times. The black cooks developed a cuisine of their own by making do with foods that were available to them, such as pork, chicken, catfish, black-eyed peas, beans, sweet potatoes, and greens as well as molasses and the spices brought from Africa.

MISSISSIPPI CATFISH STEW

2 pounds skinned catfish fillets or other fish fillets, fresh or frozen
5 slices bacon
1½ cups chopped onion
1 can (28 ounces) tomatoes, undrained
1 can (8 ounces) tomato sauce
3 cups diced potatoes
2 tablespoons Worcestershire sauce
¼ teaspoon liquid hot pepper sauce
2 teaspoons salt
⅛ teaspoon freshly ground black pepper

Thaw fillets if frozen. Cut into 1½ inch pieces. In a heavy 4 to 5 quart Dutch oven, fry bacon slices over low heat until crisp. Drain on absorbent paper; crumble and set aside. Add onion to Dutch oven; cover and cook 5 minutes or until tender. Stir in tomatoes, tomato sauce, potatoes, Worcestershire sauce, liquid hot pepper sauce, salt, and pepper. Bring to a boil; simmer 30 minutes. Add bacon and catfish. Cover and simmer 8 to 10 minutes or until fish flakes easily when tested with a fork. Makes 6 servings.

By the middle of the 19th century, even away from the coastal regions, oysters were as popular with Americans as hot dogs are today. An entry from the diary of a St. Louis girl in the late 19th century reads". . .oysters and other shellfish come by boat from New Orleans in barrels, and when a family is fortunate enough to get a barrel, all their friends are invited for the evening. . .what a treat this is considered!"

OYSTER PIE RAPPAHANNOCK

1 pint oysters, standards, fresh or frozen
6 slices bacon
2 cups sliced fresh mushrooms
½ cup chopped onion
½ cup chopped green onion
¼ cup all-purpose flour
½ teaspoon salt
¼ teaspoon cayenne pepper
¼ cup chopped parsley
2 tablespoons lemon juice
1 tablespoon softened margarine or butter
Biscuit Topping

Thaw oysters if frozen. Drain oysters; dry between absorbent paper. In a 10-inch fry pan cook bacon until crisp. Remove bacon, drain, and crumble. Reserve 3 tablespoons bacon fat. Add mushrooms, onion, and green onion to reserved bacon fat. Cover and simmer 5 minutes or until tender. Blend in flour, salt, and pepper. Stir in oysters, bacon, parsley, and lemon juice. Grease a 9-inch pie plate with softened margarine. Turn oyster mixture into pie plate. Cover with biscuit topping. Score biscuit topping to make a design on top. Bake in very hot oven, 400° F., for 20 to 25 minutes or until biscuit topping is lightly browned. Cut into wedges. Makes 6 servings.

BISCUIT TOPPING

1½ cups all-purpose flour
2¼ teaspoons baking powder
¼ teaspoon salt
3 tablespoons margarine or butter
½ cup milk

Sift dry ingredients together. Cut in margarine until it is like coarse crumbs. Add milk all at once. Mix just to a soft dough. Turn onto lightly floured surface. Knead gently 5 to 6 strokes. Shape into a ball. Roll out to a 9-inch circle to fit on top of pie plate.

The wives of the first French soldiers in Louisiana faced the problem of adapting traditional recipes to unfamiliar ingredients. With the help of friendly Choctaw Indian squaws, these women applied their French cooking skills to native products—Indian herbs, cornmeal, game, fish, and shellfish, and laid the foundation for a new Creole cuisine.

LEMON GARLIC CROAKER

2 pounds croaker or other fish fillets, fresh or frozen
¼ cup lemon juice
1 teaspoon salt
1 clove garlic, minced
1½ cups cornmeal

Thaw fish if frozen. Combine lemon juice, salt, and garlic in shallow dish. Add fillets, turning them in lemon juice and placing them skin side up. Cover and place in refrigerator to marinate 30 minutes. Remove fish from marinade and roll in cornmeal. Place fish in heavy fry pan with melted margarine, hot but not smoking. Fry at a moderate heat. When fish is brown on one side, turn carefully and brown the other side. Cooking time is about 7 to 8 minutes, depending on thickness of fish. Drain on absorbent paper. Serve immediately on a hot platter. Makes 6 servings.

The cocktail party, with its round of drinks and trays of hors d'oeuvres, did not come into vogue until the twentieth century. Previously, guests were invited for dinner rather than just for drinks. Appetizers and canapes were rarely served, except, perhaps, for a half-dozen oysters before the soup. However, some of the early recipes are adaptable for serving as appetizers. In Charleston, shrimp paste has been traditionally served for breakfast. It is also very good as a spread on melba toast or wafers as an accompaniment for drinks.

SHRIMP PASTE CHARLESTON

2 cans (4½ or 5 ounces each) shrimp or ½ pound cooked, peeled, and deveined shrimp, fresh or frozen
½ cup margarine or butter
2 tablespoons pale dry sherry
1 tablespoon lemon juice
1 tablespoon grated onion
¼ teaspoon ground mace
¼ teaspoon dry mustard
¼ teaspoon cayenne pepper
Assorted crackers

Drain canned shrimp. Cover canned shrimp with ice water and let stand 5 minutes; drain. Thaw shrimp if frozen. Put shrimp through finest blade of food grinder or chop as fine as possible. Cream margarine. Blend in sherry, lemon juice, onion, mace, mustard, and cayenne. Add shrimp, beat until smooth. Serve with assorted crackers. Makes 1¾ cups paste.

Note: Shrimp paste may be molded by placing paste in simple mold or container and refrigerating until firm. To unmold, loosen edge with thin-bladed knife, dip bottom in hot water, invert over serving plate, and shake gently until unmolded.

Etouffee is a method of cooking something smothered in a blanket of chopped vegetables, over a low flame, in a tightly covered vessel—popular in Louisiana Cajun country for preparing crawfish or shrimp. The exact recipe depends on the cook. As a local proverb has it, "each cook knows his own pot best."

SHRIMP ETOUFFEE

3 pounds raw rock shrimp or other shrimp, fresh or frozen
¼ cup margarine or butter
3 tablespoons all-purpose flour
1 cup chopped onion
½ cup chopped celery
¼ cup chopped green pepper
2 tablespoons chopped green onion
2 tablespoons chopped parsley
1 clove garlic, minced
½ cup water
1 tablespoon lemon juice
¼ teaspoon salt
¼ teaspoon cayenne pepper
3 cups cooked rice

Thaw shrimp if frozen. Peel, clean, and rinse shrimp. In 10-inch fry pan melt margarine; blend in flour. Add onion, celery, green pepper, green onion, parsley, and garlic. Cover and cook 5 minutes or until tender. Gradually add water. Stir in lemon juice, salt, and pepper. Push vegetables to one side of pan. Add shrimp to pan; spoon vegetables over shrimp. Cover and simmer for approximately 5 minutes or until shrimp are pink and tender. Serve over rice. Makes 6 servings.

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This publication was developed at the
National Fishery Education Center
100 East Ohio Street, Chicago, Illinois 60611
as a part of its continuing consumer educational
program in cooperation with the commercial
fishing industry, under the direction of
Bob E. Finley, Director, and
Rick Giudice, editorial and composition.

For sale by the Superintendent of Documents, U. S. Government Printing Office, Washington, D. C. 20402
Stock No. 003-020-00118-1
☆ U.S. GOVERNMENT PRINTING OFFICE: 1976-653-913